

**Royal Columbia Medical Clinic  
306-301 East Columbia Street New  
Westminster, BC  
V3L 3W5**

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**IUD PREP**

IUD's can be inserted at the office anytime during your cycle. It is ok to come during your period, but it is up to you when you want to book the procedure. Please come 5 minutes early for your appointment so that we can do a urine sample to test for pregnancy. We will also do swabs at your appointment to check for any infection.

Take Acetaminophen (Tylenol) 1000 mg and Naproxyn (Aleve) 440 mg 30 minutes prior to the IUD insertion appointment.

Spotting and cramping for 24-48 hours is normal after an IUD insertion. You can take Tylenol or Naproxyn (Aleve) as needed for this.

If you have constant sharp pain or a fever you need to be seen urgently at the clinic or go to the Emergency Department if it is a weekend.

If you have a Copper IUD you can resume sexual activity immediately.

If you have a Hormonal IUD you need to wait 1 week after your procedure before you can resume sexual activity, or you need to continue your previous birth control pill/patch/ring for 1 week after the IUD insertion.

We book follow up 4 to 6 weeks after insertion and earlier if needed. We recommend doing a self-check for your strings monthly. If you cannot find your strings, please book a visit with the clinic.

If you are having complications related to your IUD, please contact us as soon as possible.

**\*\*\*CANCELLATION POLICY\*\*\***

Please notify us 48 hours prior to your appointment if you need to change or cancel. Otherwise, you will be charged \$100 for the missed appointment.